OPERATING SUGGESTIONS

and

COLDSPOT

Recipes

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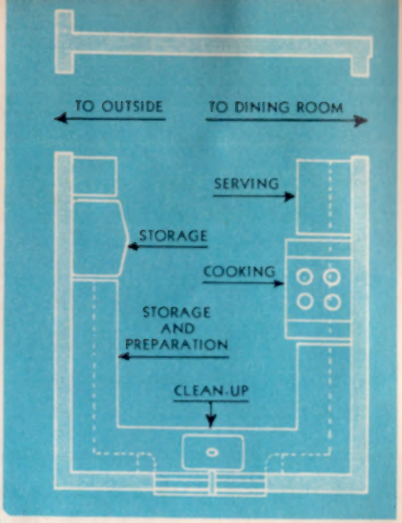
Introduction

This booklet was designed for one purpose: To help you. As an owner of a COLDSPOT, you enjoy the advantage of modern refrigeration planned to give you "more for your money"—in actual value, in uses of food, and in the pleasure and convenience it offers as a reliable kitchen aid.

To obtain the fullest benefit from its many features, you need to know how to care for it and how to use it. In this book, you will find, in addition to the simple instructions on the care and operation of your COLDSPOT, a wealth of helpful suggestions on recipes, menus and meal planning, which will make your COLDSPOT the star servant it was designed to be.

SEARS, ROEBUCK AND COMPANY



Proper Location

OF YOUR COLDSPOT . . .

Proper location of your COLDSPOT will save you many, many steps in meal-making. First of all, it should be placed near the outside, or service door, because your refrigerator is used most for storage of fresh, perishable foods which are brought into the kitchen frequently. Near at hand should be cabinets for storing staples which do not require immediate refrigeration, and working surfaces which are used in preparing recipes from ingredients kept in the refrigerator. Once you have your COLDSPOT properly located, the planning of the rest of your kitchen is simple: sink, range and other cabinets can be arranged in a logical step-by-step plan so that food preparation, cooking, serving and clean-up require the least effort. To facilitate serving, the range should be near the dining-room door. The sink is most convenient if located between the range and the refrigerator, with working surfaces on either side. Thus at every turn your entire kitchen is handy, time-saving and labor-saving.

Food Arrangement

IN YOUR COLDSPOT . . .

Correct arrangement of food in your COLDSPOT is necessary to take advantage of the different zones of cold — *frozen storage* in the freezing unit — *extra cold* in the meat storage or storage tray and next to the freezing unit — *normal cold* in all other sections — *moist cold* in the covered vegetable freshener. In addition, the handi-bin (in models so equipped) provides *dry storage* for fruits and vegetables not requiring refrigeration.

Remove paper wrappings from all food before placing in the refrigerator. Paper acts as an insulation and prevents cold air from reaching the food. All meats should be unwrapped, wiped with a damp cloth, covered loosely with waxed or parchment paper and kept in the frozen or extra cold storage as desired. Leftover foods should be stored in covered dishes or bowls covered with waxed paper, cellophane or oiled silk bowl covers. Most fruits may be stored, uncovered, on the shelves or in the Foodex. Foods with strong, penetrating odors should be covered or wrapped. Leafy vegetables and other greens should be trimmed, washed, and placed in the vegetable freshener to be kept cold and crisp. Berries should not be washed before storing.

Circulation of cold proceeds downward from the freezing unit, across the bottom and upward on both sides. To take full advantage of this circulation, be sure to leave a little space between foods on the shelves.

OPERATING

Proper degree of cold is maintained in the Coldspot automatically. However, a Cold Control (see Fig. 1) permits variation of food compartment temperatures. For most conditions the No. 5 position provides ample cold. VACATION and No. 1 are the warmest positions, and No. 9 and FAST are coldest on the respective dials.

Defrost the freezing coils when about ¼ inch of frost has accumulated. This may be necessary every 2 or 3 weeks in cool dry weather, more often in hot humid weather.

Defrosting procedure is not the same on all models. Some models combine the ON and OFF switch, DEFROST, and Cold Control in one dial while other models have a separate dial for the Cold Control. To defrost:

a. Choose a time for defrosting which will interfere least with the use of the refrigerator, after the evening meal or early in the morning.

b. Remove the ice trays.

c. Remove the food from the meat storage tray.

d. Turn the dial to DEFROST and close the food compartment door. The frost will melt off the cooling coils slowly and drip into the meat storage tray.

e. On single dial controls, the dial must be turned back to the desired running position when defrosting is complete. However, should the dial be left on DEFROST the Coldspot will maintain reduced refrigeration.

f. On the controls with two dials the defrost switch will return to ON automatically when defrosting is complete.

Defrosting may be hastened by turning the dial to OFF and filling the ice trays with warm water (as warm as can be borne by the hand). Leave the food compartment door open and refill the trays with warm water once or twice. While the frost is melting, the food compartment may be cleaned and contents rearranged, thus saving time and refrigeration.

A protective device against overloads and electrical disturbances is built into the motor. This device automatically stops and starts the motor at short intervals as long as the abnormal conditions last.

Single Dial

Double Dial

Fig. 1. Types of Controls

SUGGESTIONS

Cleaning the cabinet—Wash the exterior with warm water and mild soap, or use a good wax base polish. Wash the interior and ice trays with a solution of baking soda and warm water (one tablespoon to a gallon).

Care of Door Gasket—Washing occasionally with soda-water solution—use a clean cloth—followed by waxing will prolong the life of the gasket.

Oil the motor twice a year, adding one or two tablespoons of oil to each cup (See Fig. 2). Use the oil provided or a good household oil as supplied by most oil companies.

Brush the dust and lint from the fins of the condenser every 2 or 3 months. (See Fig. 2.) Free passage of air through the air ducts, condenser fins and unit compartment is essential to most efficient operation (See Fig. 3). Do not interrupt operation of the Coldspot during short absences (several days). For longer periods, if it is desired to turn off the refrigerator, remove food that will spoil, empty ice trays, clean thoroughly, and leave the door open.

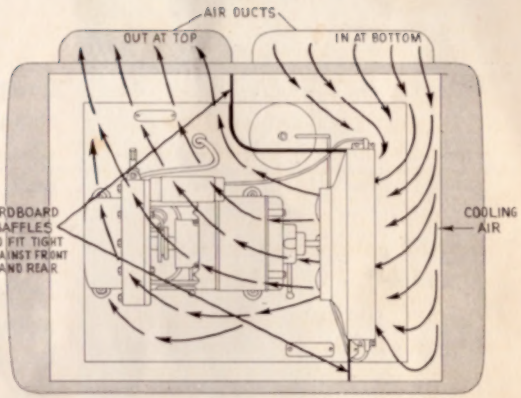


Fig. 3. Air Circulation Through Unit —Top Mounted Models

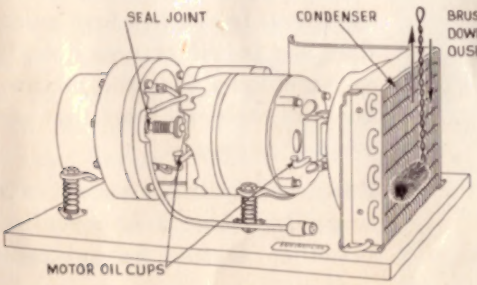


Fig. 2. Cleaning and Oiling

When starting up again put a few drops of the motor oil on the seal joint, (See Fig. 2) and turn the switch ON and OFF at intervals of about 10 seconds 15 or 20 times. Do not load the refrigerator until it has had a chance to cool.

When necessary to move the refrigerator to another apartment or building call or write the store for advice in preparing it for moving.

COOKERY

To get the full benefit of COLDSPOT refrigeration—be sure to *cool all foods* to approximately room temperature before placing in the refrigerator. Hot food absorbs cold so quickly that it may raise the temperature of the interior beyond the "health line" and thereby cause perishables to spoil.

To freeze quickly — turn the Cold Control to No. 9, fast, or quick freeze, depending on type of control. Freezing time can be reduced through a *frozen contact* between tray and shelf of freezing compartment, formed by dropping a small amount of water on evaporating shelf or by wetting the tray bottom.

Ice cubes and mixtures can be frozen more rapidly by *filling the trays only partially*. Consequently, it is advisable to divide a recipe of ice cream or other frozen foods and use several trays. One inch depth (equal to about 2 or 2½ cups of mix) is the most satisfactory for frozen desserts. *This quantity, which will serve six, has been used as the general basis for all recipes in this book.*

Ingredients and utensils used in preparing frozen dishes should be chilled first in order to assure rapid freezing and smooth texture.

If you set your COLDSPOT to the coldest position, mixtures which contain a large amount of cream, gelatin or marshmallow, or in which all ingredients have been thoroughly chilled, *need no stirring during freezing*. When stirring is preferable, wait until the mixture is frozen to a firm mush, then stir in the tray as quickly as possible so that the mixture does not melt any more than absolutely necessary.

Recipes requiring *sugar take longer to freeze*. Gelatin lends a smoother texture to mixtures

CONDITIONS

and gives body to frozen desserts, which prevents rapid melting. Marshmallows, cornstarch, eggs and similar ingredients also furnish a smoother texture to ice creams.

Cream with an excessive butter fat content is undesirable for use in frozen desserts. *Thirty per cent butter fat is satisfactory.* Cream should be chilled before whipping, and whipped only to a fluffy or custard-like consistency. Evaporated milk, prepared for whipping by heating and chilling, may be substituted for whipping cream. A small amount of gelatin (1 teaspoon) may be added. For less rich desserts, a meringue made of 1 beaten egg white to 1 teaspoon of sugar, may be used in place of some or all of the whipped cream. Coffee cream, or top milk, if thoroughly chilled, may be whipped, and gelatin (1 teaspoon) added.

Menus

AND MEAL PLANNING

Your COLDSPOT brings you a wealth of food-preparation facilities. The surest way to take full advantage of them—and derive the greatest benefit from its money-saving features—is to *plan your menus.* There's nothing complicated in planning menus—it's simply a matter of putting the right kind of foods into the right place in your daily diet. These simple guides will help you make the best choice of foods:

- Have a daily variety of "textures"—that is, see that you have crisp foods, chewy foods, and soft foods.
- Do not serve any single food twice in the same meal, no matter how differently it is prepared.
- Plan for a variety and a contrast in flavors.
- Balance your meals to get the highest degree of nutrition from them. A well-balanced meal should include the following—
- VEGETABLES—two or more. One may be potatoes, one uncooked, one green or yellow.
- MILK—1 pint for adults, 1 quart for children.
- EGGS, MEAT, FISH—one serving of each.
- CEREALS, BREADS—one a whole grain cereal.
- FATS, SWEETS—enough to make the food palatable.
- WATER—6 to 8 glasses.

On the following pages is a handy chart of sample menus which also may suggest other items and combinations to you.

BREAKFAST	LUNCH OR SUPPER
Grapefruit Waffles and Syrup Little Pig Sausages Coffee Milk	Grilled Cheese Sandwiches Salad Bowl Fresh Fruit Cookies* Cocoa
Sliced Oranges and Bananas Scrambled Eggs Raisin Toast Coffee Milk	Macaroni Ring with Chicken and Peas Combination Fruit Salad Cinnamon Bread Cake* Butter Coffee Milk
Grapefruit Juice Cooked Cereal with Dates French Toast Jelly Coffee Milk	Creamed Eggs on Toast Frozen Vegetable Salad Sliced Pineapple Cake* Coffee Milk
Cantaloupe Scrambled Eggs and Bacon Rolls Coffee Milk	Meat Pie Mixed Vegetable Salad Biscuits* Butter Ice Cream Sandwiches* Coffee Milk
Tomato Juice Berries and Prepared Cereal Shirred Eggs Whole Wheat Toast Coffee Milk	Ham Souffle Stuffed Tomatoes Muffins* Butter Frozen Date Salad* Coffee Milk
Orange Juice Prepared Cereal with Bananas Hot Biscuits* with Honey Coffee Milk	Cream of Tomato Soup Meat Sandwiches Waldorf Salad Cookies* Coffee Milk
Pineapple Juice Omelet Muffins* Marmalade Coffee Milk	Baked Beans Salad Bowl Brown Bread Butter Applesauce Cake* Coffee Milk

DINNER

* Recipes in this book.

SUNDAY

Tomato Cocktail
Fried Chicken
Mashed Potatoes — Buttered Beets
Cole Slaw
Celery — Radishes
Rolls* — Apple Pie a la Mode* — Butter
Coffee

MONDAY

Roast Beef
Browned Potatoes — Buttered Carrots
Variety Salad*
Rolls* — Butter
Rhubarb Sherbet*
Cookies* — Coffee

TUESDAY

Baked Ham
Candied Sweet Potatoes — Buttered String Beans
Head Lettuce Salad
Corn Bread — Butter
Bisque Tortoni*
Coffee

WEDNESDAY

Stuffed Flank Steak
Baked Potato — Broiled Tomato
Jellied Cucumber Relish*
Rolls* — Butter
Gingersnap Pudding*
Coffee

THURSDAY

Broiled Pork Chops with Apple Ring
Creamed Potatoes — Buttered Brussels Sprouts*
Frozen Fruit Salad*
Rolls* — Butter
Coconut Cool* — Cookies*
Coffee

FRIDAY

Baked Fish
Fluffed Rice — Buttered Asparagus
Citrus Fruit Salad
Rolls* — Butter
Gingerbread with Whipped Cream
Coffee

SATURDAY

Lamb Chops
Riced Potatoes — Buttered Peas
Frozen Vegetable Salad*
Rolls* — Butter
Tart Sherbet — Cookies*
Coffee

Ices and Sherbets

ICES are made of sweetened fruit juices and water frozen to an icy consistency. SHERBET is made with egg whites or gelatin added to give it a smoother, creamier texture. In sherbets, also, milk may be used wholly or in part in place of water. Ices should be frozen quickly. Sherbets are best when frozen to a firm mush before adding the meringue of beaten egg whites and sugar, which should be *folded* into the frozen mixture quickly and thoroughly, so as to prevent too much melting and to assure smooth, uniform freezing. Use these basic recipes to try out various portions and combinations of fruit juices to suit your taste.

ICES (*Basic*)

Sugar ¾ cup **Water 1 cup**
Fruit juice 2 cups

Boil sugar and water for 5 minutes. Chill and combine with fruit juice. Freeze.

WATER SHERBET, GELATIN (*Basic*)

Sugar ¾ cup **Sugar 2 tablespoons**
Water 1 cup **Gelatin 2 teaspoons**
Eggs whites 2 **Fruit juice 2 cups**
Cold water 2 tablespoons

Boil sugar and water for 5 minutes. Dissolve gelatin soaked in cold water, in the hot syrup. Chill, combine with chilled fruit juice. Freeze to a firm mush. Beat egg whites until stiff, add sugar. Fold meringue into frozen mixture. Combine thoroughly and finish freezing.

WATER SHERBET (*Basic*)

Sugar ¾ cup **Egg whites 2**
Water 1 cup **Sugar 2 tablespoons**
Fruit juice 2 cups

Boil sugar and water for 5 minutes. Chill. Combine with chilled fruit juice. Freeze to firm mush. Beat egg whites until stiff, add sugar. Fold meringue into frozen mixture. Combine thoroughly and finish freezing.

MILK SHERBET (*Basic*)

Sugar ¾ cup **Salt ⅛ teaspoon**
Milk 1½ cups **Fruit juice 1 cup**

Dissolve sugar and salt in fruit juice. Chill thoroughly or if preferred freeze to soft mush. Combine with thoroughly chilled milk and finish freezing.

Tasty ices and sherbets can be made with the flavoring or juices of apple, apricot, banana, cantaloupe, cherry, currant, cranberry, grape, grapefruit, honeydew, lemon, lime, orange, pomegranate, pineapple, pineapple mint, peach, raspberry, rhubarb, rhubarb and banana, strawberry, mint, watermelon, cider, cocoa, caramel, gingerale, buttermilk.

ORANGE ICE

Sugar 1 cup — **Orange juice 1 cup**
Water 1 cup — **Lemon juice ¼ cup**

Boil the sugar and water 5 minutes. Chill. Add the chilled orange and lemon juice. Freeze.

SICILIAN ICE

Peaches 10 oz. can — **Orange juice 1 cup**
Sugar ½ cup — **Lemon juice 1 cup**

Rub peaches through a sieve, add sugar and fruit juices. Dissolve sugar and freeze.

COMBINATION FRUIT SHERBET

Orange juice ⅔ cup — **Sugar ¾ cup**
Lemon juice ⅓ cup — **Egg whites 2**
Bananas 4 — **Water 1½ cups**
Salt ⅛ teaspoon

Boil sugar and water 5 minutes. Chill. Combine sugar syrup to chilled fruit juices and diced bananas. Freeze to a firm mush. Fold into the frozen mixture the stiffly beaten egg whites to which the salt has been added. Continue freezing.

GINGERALE FREEZE

Sugar ½ cup — **Gingerale 1½ cups**
Pineapple juice ½ cup — **Orange juice ½ cup**
Pineapple 1 cup — **Lemon juice ¼ cup**

Dissolve the sugar in fruit juices. Add the pineapple and gingerale. Freeze.

FRUIT MILK SHERBET

Orange juice ½ cup — **Sugar ¾ cup**
Lemon juice ¼ cup — **Milk 1½ cups**
Crushed pineapple ½ cup — **Salt ⅛ teaspoon**

Dissolve the sugar in the fruit juices. Add the salt and crushed pineapple. Freeze to a firm mush. Add the chilled milk. Blend thoroughly and continue freezing.

CRANBERRY SHERBET

Cranberries 2 cups — **Sugar ½ cup**
Water 2 cups — **Light corn syrup ½ cup**
Lemon juice 1½ tablespoons
Whipping cream ½ cup

Boil cranberries in water; when soft, strain. Add sugar and corn syrup and bring to boil. Cool. Add lemon juice and put in the refrigerator and freeze to a soft mush. Then fold in the stiffly beaten cream and finish freezing.

FRUIT WHIP

Fruit 2½ cups — **Egg white 1**
Lime juice 1 tablespoon — **Chopped nuts ½ cup**
Whipped cream

Strain canned or stewed sweetened fruit through colander, add juice of ½ lime and beat pulp well. Add stiffly beaten egg white. Add chopped nuts. Freeze. Serve with whipped cream.

TART SHERBET

Buttermilk 1 cup — **Sugar ½ cup**
Egg white 1 — **Lemon juice ¼ cup**
Crushed pineapple 1 cup — **Salt ⅛ teaspoon**
Orange juice ½ cup — **Maraschino cherries**

Dissolve sugar in the orange and lemon juices. Add crushed pineapple and maraschino cherries. Chill thoroughly. Combine with salt and buttermilk. Freeze to a firm mush. Fold in the stiffly beaten egg white. Continue freezing.

RHUBARB SHERBET

Marshmallows ½ pound — **Salt ⅛ teaspoon**
Pineapple juice ½ cup
Lemon juice 1 teaspoon
Unsweetened rhubarb 1½ cups

Partially melt the marshmallows with 2 tablespoons of the pineapple juice. Remove from heat and fold until mixture is smooth. Cool. Add remaining pineapple juice, rhubarb, salt, and lemon juice. Blend ingredients and freeze.

Ice Creams

Your COLDSPOT makes it possible to solve the everlasting dessert problem with a variety of always-welcome ice creams, which can be made easily and inexpensively with a custard or uncooked base. Custard bases may be prepared the same as any soft custard by combining sugar, eggs and milk, and cooking until the mixture thickens. Uncooked ice creams require no more than freezing of the ingredients. There are several points to keep in mind when freezing creams. If the mixture contains a large amount of whipped cream, gelatin or marshmallow, the best results are obtained by combining all ingredients first and freezing without stirring. Best results are obtained with custard bases by chilling the custard before adding whipped cream or egg whites. If all ingredients are not thoroughly chilled, the mixture should be stirred when partially frozen in order to obtain a smooth texture. Or, the custard alone may be frozen to a firm mush and the whipped cream or egg white then folded in, and the entire mixture allowed to freeze. Any fruit can be used with these basic vanilla recipes to make a variety of ice creams.

CUSTARD (*Basic*)

Sugar ¼ cup — **Egg 1**
Milk ⅔ cup — **Whipping cream ½ cup**
Salt ⅛ teaspoon — **Vanilla 1 teaspoon**

Beat egg until frothy. Add sugar, salt, and milk. Cook as a soft custard or until the mixture coats a silver spoon. Add vanilla and fold into the custard the cream, whipped to a fluffy, not stiff consistency. Freeze.

UNCOOKED ICE CREAM (*Basic*)

Condensed milk 1 cup — **Whipping cream 1 cup**
Water ¾ cup — **Salt ¼ teaspoon**
Vanilla 1½ teaspoons

Mix the condensed milk in water. Add vanilla and salt. Fold in whipping cream. Freeze. If desired a meringue of stiffly beaten egg whites and 1 tablespoon sugar may be folded into the above mixture.

If you are looking for something different—try using pistachio, pecan brittle, coconut, grapenuts or other cereals, peanut, walnut, almonds, caramel, coffee caramel, filbert, hazel nut, raisin and nut, maple, or peppermint.

CUSTARD (*Basic*)

Sugar ⅛ cup — **Egg 1**
Corn syrup ⅛ cup — **Vanilla ½ teaspoon**
Milk ½ cup — **Gelatin ¼ teaspoon**
Salt ⅛ teaspoon — **Water ⅛ cup**
Whipping cream ½ cup

Beat the egg, add the sugar, corn syrup, salt, and milk. Blend thoroughly. Cook as a soft custard. Remove from heat and add vanilla and gelatin which has been soaked in cold water. Chill the entire mixture. Fold in the whipped cream and freeze.

CUSTARD, LESS RICH (*Basic*)

Sugar ⅓ cup — **Eggs, separated 2**
Salt ⅛ teaspoon — **Sugar 2 tablespoons**
Whole milk 1½ cups — **Whipping cream 1 cup**
Vanilla 1 teaspoon

Dissolve sugar and salt in milk. Chill. Combine sugar and egg yolks to stiffly beaten egg whites. Fold into sweetened milk. Freeze to a firm mush. Whip cream and add vanilla. Fold into mixture. Return to refrigerator and finish freezing.

VANILLA ICE CREAM, TAPIOCA (*Basic*)

Tapioca 1½ tablespoons — **Milk 1 cup**
Sugar 2 tablespoons — **Egg whites 1**
Whipping cream ½ cup
Salt few grains — **Vanilla 1 tablespoon**
Corn syrup 1½ tablespoons

Cook tapioca and milk. Strain. Add vanilla, salt, and corn syrup to the thickened milk. Chill thoroughly. Beat the egg white. Add the sugar. Fold the whipping cream into the meringue and carefully combine this mixture to the sweetened milk. Freeze.

HONEY ICE CREAM

Coffee cream 4 cups — **Honey ¾ cup**

Combine ingredients and freeze. Beat thoroughly when the mixture has frozen to a firm mush. Continue freezing.

BISQUE TORTONI

Eggs 2 — **Salt 1/16 teaspoon**
Sugar ⅓ cup — **Vanilla 1 teaspoon**
Milk ½ cup — **Whipping cream 1 cup**
Crumbled macaroons ½ cup

Make a soft custard by combining the eggs, sugar, salt and milk and cooking until the mixture coats a silver spoon. Chill. Fold in macaroons and whipped cream to which the vanilla has been added. Freeze.

CHOCOLATE MOCHA ICE CREAM

Condensed milk 1 cup — **Strong coffee 1 cup**
Water ¾ cup — **Cocoa 4 tablespoons**
Sugar 2 tablespoons — **Salt few grains**
Whipping cream 1 cup — **Vanilla 1 teaspoon**

Boil sugar, coffee, and cocoa 5 minutes. Chill. Combine water and condensed milk thoroughly. Add chilled mocha syrup. Whip cream and add salt and vanilla. Fold whipped cream into milk mixture. Freeze. Stir when the mixture has frozen to a firm mush.

HONEY JUNKET ICE CREAM

Coffee cream 1½ cups — **Honey ¼ cup**
Whipping cream 1 cup — **Junket 1 tablet**
Lemon juice 2 tablespoons

Dissolve Junket tablet in coffee cream. Whip cream. Add honey and lemon juice. Fold into Junket mix. Freeze.

LEMON ICE CREAM

Eggs, separated 2 — **Corn syrup ½ cup**
Sugar ¼ cup — **Milk 1½ cups**
Lemon juice ½ cup

Beat the egg yolks until lemon colored. Add sugar and corn syrup. Mix well. Add the remaining ingredients, including stiffly beaten egg whites. Freeze to a firm mush. Remove from tray and beat thoroughly. Continue freezing.

Parfaits

One kind of "parfait" can be made by simply piling up alternate dips of ice cream and whipped cream, topping with whipped cream and nuts, and pouring a sauce over it. The genuine parfait, however, is made entirely differently, with a special sugar syrup poured over beaten egg whites. This modified meringue is flavored, the whipped cream and other special ingredients added, and the mixture frozen. Parfaits need not be stirred during freezing. From these basic recipes any kind of parfaits can be made—blackberry, Chantilly, butterscotch, chocolate, coffee, fig, honey, macaroon, maple, peanut brittle or pistachio.

Mousses

The basis of all mousses is whipped cream, the difference being in the way it is combined with the sugar, eggs, syrup or fruit. All methods require, first, whipping the cream to a fluffy consistency, and then folding in the other ingredients. Any flavoring can be substituted in the basic recipe below such as caramel, chocolate, butterscotch, ginger, gum drop, English toffee, honey, huckleberry, chestnut, maple, peppermint, apricot (with or without marshmallow), cantaloupe, cranberry, grape, lemon, lime, peach or pineapple.

Marlows

"Marlows" are simply frozen dainties made with marshmallows as the chief ingredient. The marshmallows are first melted in a small amount of milk or other liquid, in a double boiler or over a very low heat, then removed from the heat and folded until smooth. (Some recipes call for a custard or white sauce in which the marshmallows are melted.) Combine the ingredients thoroughly, add the whipped cream and flavoring, and freeze without stirring. A variety of Marlows can be made from these basic recipes.

PARFAITS (*Basic*)

Sugar ¾ cup — Whipping cream 2 cups
Water ¼ cup — Vanilla 1½ teaspoon
Egg whites 2

Boil sugar and water to form a thin syrup, 236° F. Pour the syrup carefully over the stiffly beaten egg whites. Combine thoroughly. Chill. Fold the meringue mixture into the whipped cream to which the vanilla has been added. Freeze.

CHOCOLATE PARFAIT

Sugar ½ cup — Egg whites 2
Water ¼ cup — Whipping cream 1 cup
Chocolate 1 square — Salt few grains
Vanilla 1 teaspoon

Melt chocolate. Add sugar and water. Cook syrup to 236° F. Pour over stiffly beaten egg whites. Combine thoroughly. Chill. Pour the chocolate meringue over the flavored whipped cream. Combine and freeze.

MACAROON PARFAIT

Sugar 1 cup — Vanilla 1 tablespoon
Water ½ cup — Powdered macaroons 1 cup
Whipped cream 2 cups — Egg yolks 6

Boil sugar and water to 236° F., pour slowly on beaten egg yolks. Cook until the mixture thickens. Cool, fold in whipped cream and macaroons. Add vanilla. Freeze.

MOUSSE (*Basic*)

Whipping cream 2 cups — Corn syrup ⅓ cup
Sugar 2 tablespoons — Salt ⅛ teaspoon
Egg whites 2 — Vanilla 1 teaspoon

Whip cream. Beat egg whites until stiff. Add sugar, corn syrup, and salt. Combine with whipped cream. Add vanilla. Freeze.

PINEAPPLE MOUSSE

Crushed pineapple and juice 1 cup
Gelatin 1 tablespoon (soaked for 5 minutes in 1 tablespoon cold water) — Sugar ¾ cup
Whipping cream 1 cup — Nut meats ¼ cup
Maraschino cherries ¼ small bottle

Heat pineapple and allow juice surrounding it to boil. Add sugar and gelatin, cool. When mixture begins to congeal, add nut meats and cherries. Fold into stiffly beaten cream.

VANILLA MARLOW (*Basic*)

Marshmallows 20 — Whipping cream 1 cup
Milk ½ cup — Vanilla 1½ teaspoons

Partially melt marshmallows in the hot milk. Remove from heat and thoroughly blend the mixture. Cool. Add vanilla and chill. When mixture begins to thicken fold in whipped cream. Freeze.

VANILLA MARLOW (*Basic*)

Milk 1½ cups — Whipping cream ½ cup
Sugar ¾ cup — Vanilla ½ teaspoon
Flour 1½ tablespoons — Marshmallows 8

Combine the flour, sugar, and milk. Cook until mixture is thickened. Add marshmallows and stir until the mixture is smooth. Cool. Fold in the flavored whipped cream. Freeze.

Chilled Desserts

In preparing desserts with the aid of your Coldspot, you are not limited to the frozen varieties. Chilled dishes are equally satisfying—and so easy to prepare and have ready for serving in a jiffy. The many varieties of gelatin desserts on the shelves of the nearby grocery store will immediately suggest to the experienced housewife opportunities for end-of-the-meal triumphs but to those recipes commonly known in most households, we add these few delectable suggestions, not quite so well known.

CORNSTARCH PUDDING

Milk, scalded 2 cups — **Water, cold ¼ cup**
Cornstarch 4 tablespoons — **Vanilla 1 teaspoon**
Sugar ¼ cup — **Salt ¼ teaspoon**

Scald milk. Mix cornstarch, sugar, and salt together, add cold water and blend to a smooth paste. Add the paste to the scalded milk, stirring constantly. Cook until the mixture thickens. Add vanilla. Mold and chill. Fruits and other flavoring may be used for variety.

COFFEE FLUFF

Gelatin 1 package — **Whipping cream ¼ cup**
Water 1 cup — **Powdered sugar 3 tablespoons**
Strong coffee 1 cup — **Chopped nuts ½ cup**

Prepare gelatin as directed on package, using water and coffee. Pour ½ gelatin into mold. Let harden. Combine the whipped cream, powdered sugar, and nuts. Arrange in mold. Top with the remaining partially congealed gelatin. Chill.

CREAM TAPIOCA

Tapioca ½ cup — **Eggs 3**
Milk, scalded 4 cups — **Sugar ½ cup**
Salt ½ teaspoon

Soak tapioca, if necessary. Scald milk and add tapioca, cooking until the granules become transparent. Separate the eggs. Beat the yolks and thoroughly combine with the cooked tapioca. Beat the whites until peaked, add the sugar and salt. Fold the meringue into the hot mixture, pour into molds, and chill.

LIME CAKE

Gelatin 1 package (lime flavored)
Water 2 cups — **Marshmallows ½ cup**
Lady fingers or vanilla wafers

Prepare gelatin as directed on package. Whip and add marshmallows. Line a mold with lady fingers or vanilla wafers and add whipped gelatin. Congeal.

APRICOT AIR

Gelatin 1 package — **Apricot pulp 1 cup**
Water 1 cup — **Whipping cream 1 cup**

Prepare gelatin as directed on package. Congeal and whip. Fold into whipped gelatin, apricot pulp and whipped cream. Place in mold and chill. Prunes or pineapples may be substituted for the apricots.

BERRY CREAM

Gelatin 1 package — **Strawberries 1 cup**
Water 1 cup — **Fruit juice 1 cup**
Sugar 1 tablespoon — **Whipping cream ½ cup**

Prepare gelatin as indicated on package, using water and fruit juice. Allow to congeal before whipping. Add strawberries and sweetened whipped cream. Combine thoroughly and chill.

COCONUT COOL

Gelatin 1 package — **Coconut ½ cup**
Water 1 cup — **Pineapple 1 cup**

Prepare gelatin as directed on package. Congeal, add coconut and pineapple. Chill thoroughly.

ORANGE WHIP

Gelatin 1 package (orange flavored)
Water 1 cup — **Egg whites 2**
Orange juice 1 cup — **Nuts ½ cup**

Prepare gelatin using water and orange juice. Whip. Add beaten egg whites and nuts. Congeal.

PEPPERMINT STICK MOLD

Milk, scalded 3 cups — **Sugar ¼ cup**
Eggs 3 — **Salt ¼ teaspoon**
Peppermint sticks, crushed ½ lb.
Gelatin 1 tablespoon — **Water, cold ¾ cup**

Scald milk. Add beaten eggs, sugar and salt cooking as a soft custard. Hydrate gelatin, stir into hot custard. Add crushed candy, pour into mold and chill.

PRUNE WHIP

Cooked prunes 1½ cups
Sliced pineapple 2 slices
Combined prune and pineapple juice ½ cup
Granulated gelatin ½ tablespoon
Marshmallows 9 — **Whipping cream ½ cup**
Vanilla ½ teaspoon

Pit prunes and cut into pieces. Cut pineapple into small pieces. Soften gelatin in ¼ cup of fruit juice; heat remaining juice to boiling and dissolve softened gelatin in it. Cut marshmallows into pieces. Whip cream and add vanilla. When gelatin begins to set, combine with fruit and marshmallows, blending thoroughly with whipped cream. Chill.

MOLDED CUSTARD

Milk, scalded 4 cups — **Sugar ½ cup**
Eggs 4 — **Vanilla 1 teaspoon**
Salt ¼ teaspoon

Scald milk. Beat eggs, add sugar, and combine well. Add remaining ingredients and pour into buttered custard cups or molds. Bake at 325° F. for 35-40 minutes or until the custard no longer clings to a knife inserted in it. Chill thoroughly before serving.

PINEAPPLE-RICE PUDDING

Rice, uncooked ¾ cup — **Sugar ¼ cup**
Pineapple, diced 1 cup — **Salt ¼ teaspoon**
Marshmallows 24 — **Whipping cream ½ cup**

Cook rice, making certain each grain is fluffy. Combine the sweetened whipped cream, quartered marshmallows, pineapple, and salt. Fold thoroughly into the rice. Pour into molds or serving dishes and chill.

RED AND GOLD WHIP

Gelatin 1 package — **Sugar 2 tablespoons**
Pineapple juice 2 cups — **Strawberries 1 cup**
Whipping cream 1¾ cups

Prepare gelatin using pineapple juice. Whip, add sugar and strawberries. Fold in whipped cream. Place in mold and chill.

Refrigerator Cakes & Puddings

Ordinary cakes and cookies—even the very inexpensive ones—can become the aristocrats of the dessert kingdom when combined with cream, eggs, fruits and other flavorings to make frozen cake-loafs and puddings. Graham crackers, marshmallows and dates, with walnut meats! Vanilla wafers and chocolate! The very thought of these pleasing combinations will arouse the most apathetic appetite! When you are at a loss to think up something new, when unexpected guests arrive—or almost any time at all—try these recipes!

BROWN AND WHITE PUDDING

Graham crackers 24 — Cream 2 tablespoons
Marshmallows ½ pound — Dates ½ pound
English walnut meats 1 cup

Roll the graham crackers to a fine crumb. Combine chopped dates, marshmallows cut in quarters, and broken nut meats with the graham cracker crumbs. Moisten with cream. Spread in a shallow pan and let stand in the refrigerator at least 24 hours.

JELLY ROLL

Jelly roll — Gelatin 1 tablespoon
Peach preserves — Water, cold 2 tablespoons
Peach pulp 1 cup — Whipping cream 1 cup

Dissolve gelatin in cold water and add peach pulp. Combine with whipped cream. Spread jelly roll with peach preserves. Pour half of fruit and whipped cream mixture into mold, place fruit roll in mold, add the remaining fruit and cream, and chill. Slice and serve with whipped cream. The jelly roll may be sliced before being placed in the fruit-cream mixture.

FRUIT LAYERS

Cake, sponge or angel — English walnuts
Apricot juice and pulp — Maraschino cherries
Cornstarch pudding or custard

Slice cake into thirds horizontally. Spread the bottom layer with fruit pulp, pour over juice and cornstarch pudding or custard. Sprinkle with nuts and cherries. Repeat with the other two layers. Chill for at least 8 hours, and serve with whipped cream.

LEMON CHIFFON PIE

Gelatin 1 tablespoon — Sugar 1 cup
Water, cold ¼ cup — Salt ½ teaspoon
Eggs, separated 4 — Lemon juice ¾ cup
Lemon rind 1 teaspoon — Baked pie shell

Prepare a cooked custard of the egg yolks, ½ of the sugar, salt, lemon juice and rind. Add the hydrated gelatin and cool. Make a meringue of the stiffly beaten egg whites and the remaining half of the sugar. Carefully fold the meringue into the custard mixture and pour into a baked pie shell. Chill.

CHOCOLATE CAKE

Vanilla wafers 1 dozen	Eggs, separated 2
Chocolate 1 square	Butter ¼ cup
Powdered sugar ½ cup	Milk ⅛ cup
Vanilla ½ teaspoon	Sugar ¼ cup

Melt chocolate. Add sugar, milk, and egg yolks. Combine well and cook as a soft custard. Chill thoroughly. Cream butter and powdered sugar. Add to chocolate custard mixture. Add vanilla and fold in stiffly beaten egg whites. Line a refrigerator tray with waxed paper. Place a layer of vanilla wafers in the bottom. Add alternate layers of the chocolate mixture and vanilla wafers ending with a layer of wafers. Chill thoroughly before serving.

FROZEN MYSTERY

Whipped cream	Coconut	Almonds
Dates	Cookies	Pecans

Line tray with waxed paper. Place a layer of cookies in the bottom of tray. Make an individual serving by building layers as follows: Spread each cookie with whipped cream and sprinkle coconut and almonds over it. Place another cookie on top of it, cover with whipped cream, sprinkle with pecans. Add another cookie, cover with whipped cream and chopped dates. Add a fourth cookie and cover with whipped cream. Let stand in refrigerator at least 3 hours before serving.

GINGER ROLL

Whipping cream 1 cup	Ginger cookies 18
Almond extract 1 teaspoon	

Whip cream until stiff. Add almond extract. Spread whipped cream on cookies. Pile one on another. Lay horizontally in tray. Cover top and sides with whipped cream. Let stand in refrigerator not less than 3 hours before serving. Slice diagonally for serving.

GRAHAM CRACKERS AND APPLE SAUCE

Graham crackers	Nuts
Apple sauce	Gelatin 1 tablespoon
Whipping cream	Water, cold 2 tablespoons

Crumble one half to two thirds of the graham crackers. Use the rest to line the mold. Hydrate the gelatin in cold water. Combine the gelatin, applesauce, nuts and whipped cream. Add the fruit mixture to the mold, using a center layer of crackers as well as a top and bottom layer. Let stand in the refrigerator at least 8 hours before serving.

GINGERBREAD CAKE

Ginger bread	Sugar ½ cup
Milk, scalded 4 cups	Vanilla 2 teaspoons
Eggs 4	Water, cold ¼ cup
Gelatin 2 tablespoons	Whipped cream

Cook milk, eggs, sugar and vanilla as a soft custard. Dissolve gelatin in cold water, add to cooked custard. Allow to cool until partially congealed. Slice gingerbread in thin rectangular pieces or into wedges and line the sides and bottom of a mold. Pour custard mixture carefully into mold. Chill thoroughly. Serve with whipped cream.

GINGERSNAP PUDDING

Gingersnaps ½ pound	Nuts ½ cup
Crushed pineapple 1 cup	Bananas 3
Whipping cream ½ cup	Eggs 2
Soft butter ½ cup	Powdered sugar 1 cup

Roll gingersnaps. Combine fruit, nuts, whipped cream, and 1 tablespoon powdered sugar. Thoroughly cream the remaining powdered sugar, butter, and eggs. Line a refrigerator tray with waxed paper. Cover the bottom with crumbs. Pour over this the sugar, egg, butter mixture. Sprinkle a layer of crumbs and add fruit, nuts, whipped cream mixture. Top with a layer of crumbs.

Sauces

Practically any dessert you make—whether frozen or not—can be made doubly attractive to the eye and to the palate when "topped off" with a sauce. Your COLDSPOT comes in handy here, for you can make a variety of sauces to have ready when you want them and store them in your COLDSPOT with the assurance that they will keep fresh and sweet. Here are a few recipes for sauces that go well with any ice cream, gelatin or cake—but use your own ideas for other flavorings.

Appetizers

Lovely to look at—delightful to EAT! That's the formula for canapes and other snacks which stimulate the appetite. Delicious pastes and fillings are easy to prepare, fun to "dress up." If you use a bread foundation, attractive results can be obtained by frying small squares in butter on one side only, and spreading the untoasted side with paste. Day-old bread is easiest to handle. These kind of appetizers of seafood or fruit can be supplemented by crisp bits of raw vegetables —but be sure to chill thoroughly whatever you serve. With your COLDSPOT you can make eye-appealing, unique ice blocks (by removing the dividers in the tray) and ice shells (by freezing ¼ to ½ inch shell in a cup or similar container). These may be used instead of ice cubes.

Beverages

Color is as important as flavor in cold drinks—and here your COLDSPOT is an indispensable aid. It keeps all ingredients properly chilled and provides the sparkling ice cubes which make drinks refreshing and beautiful. Furthermore, you can always create an interesting variety of drinks by tinting or flavoring the ice cubes with juices or whole fruits. To be sure that the fruit is in the center of each cube, freeze about ⅓ of the cube, then put in the fruit and add the rest of the water. These recipes suggest drinks that are "different." Other flavors and concoctions can be made in the same way.

BUTTERSCOTCH SAUCE

Corn syrup ½ cup — Top milk ½ cup
Sugar ½ cup — Butter 3 tablespoons

Combine the ingredients and cook over low heat for 5 minutes.

CHOCOLATE SAUCE

Sugar 1 cup — Cream ½ cup
Corn syrup 1 cup — Milk 1 cup
Chocolate 2 squares — Vanilla ½ teaspoon

Melt chocolate, add sugar, vanilla and corn syrup. Add cream and milk. Stir thoroughly and cook to 238° F.

CRUNCHY SAUCE

Preserves or marmalade ½ cup
Water 2 tablespoons — Coconut ¾ cup

Brown coconut in oven. Dilute preserves or marmalade with water and add browned coconut. Stir well.

LEMON SAUCE

Eggs 2 — Lemon juice 1 teaspoon
Salt few grains — Powdered sugar 1 cup
Butter 3 tablespoons — Grated lemon rind

Soften butter, add sifted powdered sugar. Add eggs. Beat well. Add lemon juice, lemon rind, and salt. Beat thoroughly until very fluffy.

RASPBERRY SAUCE

Powdered sugar ½ cup — Egg, separated 1
Butter 1½ tablespoons
Vanilla ¼ teaspoon — Sugar ½ tablespoon
Raspberry preserves ½ cup

Cream butter and powdered sugar together. Add egg yolk. Beat until fluffy. Combine raspberry preserves, vanilla, and stiffly beaten egg white to which granulated sugar has been added. Combine well.

SEAFOOD COCKTAIL

Gelatin 2 teaspoons
Flaked crab or lobster meat 2 cups
French dressing ½ cup — Salt 1 teaspoon
Catsup ½ cup — Cold water ¾ cup
Lemon juice 2 tablespoons
Worcestershire sauce 2 teaspoons

Dissolve gelatin in cold water, add other ingredients. Chill.

JELLIED TOMATO SOUP

Cold water ¼ cup — Gelatin 2 tablespoons
Tomato soup 1½ cans — Boiling water 1½ cups

Dissolve gelatin in cold water. Combine tomato soup with boiling water. Stir gelatin into the mixture. Chill.

SHRIMP COCKTAIL

Gelatin 2 teaspoons — Sugar 2 teaspoons
Cold water ¼ cup — Salt ½ teaspoon
Tomato juice 2¾ cups
Finely minced onion 1 tablespoon
Finely chopped shrimp 1½ cups
Celery salt ½ teaspoon
Chicken-bouillon cubes 2
Lemon juice 2 tablespoons
Tabasco sauce ¼ teaspoon

Soak gelatin in cold water 5 minutes. Simmer tomato juice with sugar, minced onion, salt, and celery salt, 5 minutes. Add bouillon cubes to hot tomato mixture, pour over soaked gelatin. Stir until gelatin is dissolved. Add lemon juice and tabasco sauce. Cool the mixture. Add chopped shrimp, turn into a tray and freeze.

COCOA PASTE

Cocoa 1 cup — Boiling water 1½ cups
Sugar 1½ cups — Whipping cream 1 quart

Mix sugar and cocoa. Add water. Mix to a smooth paste. Bring to a boil over direct heat. Cook in double boiler for 30 minutes. Chill. Whip 1 quart whipping cream. Add cocoa paste and continue beating until mixture will hold its shape. A serving is 1 tablespoon paste to ⅔ cup milk.

GRAPEFRUIT DRINK

Grapefruit 1 — Sugar 1 cup
Oranges 2 — Gingerale 2 bottles

Combine grapefruit and orange juice. Sweeten. Add gingerale, chopped ice.

CURRANT PUNCH

Currant jelly 2 cups — Lemons 3
Strong tea 1½ cups — Oranges 3

Melt jelly and combine with tea. Add juice of lemons and oranges. Mix ingredients. Add ice.

FRUIT PUNCH

Pineapple juice 1 cup — Oranges 3
White grape juice 1 cup — Gingerale 1 cup
Lemons 3 — Tea ⅛ pound
Sugar ¼ pound

Make a strong tea infusion. Add sugar and the fruit juices. Mix well. Add gingerale and chopped ice.

Batters and Doughs

Your COLDSPOT is essential to the success of your baked goods. At all times it will keep milk, eggs, and fat at proper temperatures. After pastry is made (using ice water from your COLDSPOT), it may be chilled until you are ready to bake the pie. Rolls and cookies may be made and stored in the refrigerator to be baked when needed. Waffle batter, muffins, and baking powder biscuits will keep in your COLDSPOT until you bake them.

Try these recipes with your COLDSPOT—and see how easy baking can be!

PLAIN CAKE (*conventional method*)

Butter ½ cup — Salt 1 teaspoon
Eggs 2 — Flour 3 cups
Flavoring 1 teaspoon — Milk 1 cup
Sugar 1½ cups — Baking powder 4 teaspoons

Cream the butter and sugar until light and fluffy. Add the eggs one at a time. Cream entire mixture thoroughly. Sift and measure flour and combine the other dry ingredients. Sift all together 2 times. Add flavoring to milk. Add the dry ingredients and milk mixture alternately to the creamed mixture beginning and ending with the dry ingredients. Bake at 375° F.

MUFFINS

Flour 2 cups — Egg 1
Sugar 3 tablespoons — Fat 2 tablespoons
Milk 1 cup — Salt ½ teaspoon
Baking powder 3 teaspoons

Melt fat. Sift and measure flour. Combine sugar, baking powder, and salt with the flour and sift together twice. Add egg to milk. Combine the egg-milk mixture to dry ingredients. Add melted fat. Stir until dry ingredients are just wet. Place in muffin pans. The muffins may be allowed to stand in the pans in the refrigerator, or they may be baked immediately at 425° F.

REFRIGERATOR COOKIES

Fat 6 tablespoons — Egg 1
Milk 1½ teaspoons — Vanilla ½ teaspoon
Sugar ¾ cup — Baking powder 1 teaspoon
Salt ¼ teaspoon — Flour 1½ cups

Cream fat and sugar. Add egg and milk and beat the mixture well. Sift and measure flour and add baking powder and salt. Sift dry ingredients together twice. Add to creamed mixture, blending thoroughly. Add vanilla. The dough may be wrapped in oiled paper and stored in refrigerator. Cookies may be sliced or shaped in pastry tube and baked at 400° F. as needed.

PASTRY

Flour 2 cups — Fat 1 cup
Salt 1 teaspoon — Ice water ½ cup
Baking powder 1 teaspoon

Combine salt, baking powder, and flour. Mix thoroughly. Cut fat into the dry ingredients. Add ice water and moisten the dry ingredients in as few strokes as possible. Bake shell at 450° F.

BAKING POWDER BISCUITS

Flour 3 cups — Milk 1 cup
Fat 6 tablespoons — Salt 1 teaspoon
Baking powder 5 teaspoons

Sift and measure flour. Add baking powder and salt. Mix dry ingredients and sift together twice. Cut the fat into the flour until the fat is the size of coarse corn meal. Add milk slowly, stirring with a fork. Remove from mixing bowl and place on working surface. Knead the dough lightly. Store in refrigerator or cut into biscuits and bake immediately at 450° F.

REFRIGERATOR ROLLS

Milk 1 cup — Salt ½ tablespoon
Sugar ¼ cup — Flour 3 cups
Fat ¼ cup — Egg 1
Compressed yeast 1 cake

Melt fat in ½ of milk. Add sugar and salt. Add remaining milk and cool until luke warm. Add yeast and beaten egg. Stir well. Work in flour and let rise to double bulk. Knead lightly. Place in bowl and store in refrigerator. When ready for use the dough may be kneaded, shaped and allowed to double in bulk before baking. Bake in a hot oven, 425° F.

Entrees

When it comes to planning the main dish of your daily menus—your COLDSPOT truly gives you more for your food money—and makes it possible to prepare new, interesting dishes from "scraps" that would otherwise be wasted. When you have portions of meat, vegetables and potatoes left over—let your COLDSPOT keep them for you. Then, look at the chart on the following pages and see the various ways you can combine these unused foods into delicious, "surprise" dishes.

	SALADS	BAKED
FRUITS Apples Cherries Bananas Oranges Peaches Pineapples Strawberries Raspberries, etc.	Fruit and vegetable salads Gelatin combinations Frozen fruit salads	Stuffed with fruits, nuts, candies Cakes Baked with meats In stuffings, and dressings Souffle
MEATS Beef Fish Fowl Lamb Pork Veal, etc.	Aspic Mousse Stuffed in vegetables Cold sliced	Scalloped Stuffed in vegetables Pies Rolls Loaf—with or without sauce With scalloped potatoes or macaroni In stuffings or dressings Hash Souffle Fondue With rice
VEGETABLES Asparagus String beans Cabbage Carrots Potatoes Spinach Tomatoes, etc.	With eggs Gelatin molds Hot or cold slaw Combination salads	Scalloped Souffle Baked with fruits Combination casserole Vegetable fluffs Potato rolls Pies With grated cheese or cheese sauce With meat balls With rice

FRIED	DESSERTS	MISCELLANEOUS
Broiled Fritters Deep fat Sauted Waffles	Fruit cocktail Fruit snow Whips Sherbets Ice creams Marlows Mousses Parfaits Sauces Frappes Beverages Coloring in drinks, ice creams, sauces Frostings Garnishes Custards Sandwiches Fillings	Pureed
Croquettes, vegetable and meat combinations Fritters With scrambled eggs or omelet Sauted with vegetables—served on toast, etc. Waffles	* * * *	Stew with vegetables, dumplings, or noodles Chili Curried dishes Soups Creamed on toast, on biscuit Sauces and gravies Sandwich filling With noodles
Broiled Croquettes Fritters Pan fried Deep-fat fried Waffles	Vegetable custard Pies Ice creams	Combination of vegetables creamed Creamed over waffles, biscuits or toast Garnish Goulash Soup, creamed or plain Puree Chili

Salads

The most important thing about a salad is crispness. Everything in it, as well as the garnish and the dressing, must be appetizing in flavor and freshness. Your COLDSPOT is your dependable "chef" for salads of any kind—frozen, jellied or those made up of raw or cooked fruits and vegetables. It's a handy-pantry for keeping salad dressings on hand, too. Its large storage space and reliable temperature control make it possible to keep a big supply of various dressings on hand to save you last-minute rushes. Here are some stimulating salads and dressings which your COLDSPOT can help you make.

FROZEN FRUIT SALAD

Banana, diced
Pineapple ¾ cup
Orange juice ½ cup
Mayonnaise ¼ cup
Maraschino cherries ½ cup
Seedless grapes ¾ cups
Whipping cream ⅔ cup

Combine ingredients and freeze.

FROZEN DATE SALAD

Pitted dates 2 cups
Water ½ cup
Creamed cheese 2 packages
Lemon juice 3 tablespoons
Whipping cream ½ cup

Cook dates and water until soft. Cool. Cream cheese until light and fluffy. Add dates and lemon juice. Mix well. Fold in whipped cream and freeze.

VEGETABLE SALAD

Mayonnaise ¼ cup
Potato balls cooked
Carrot balls cooked
Sliced frankfurters
Cooked parsley 1 tablespoon
French dressing 2 tablespoons

Combine ingredients and chill.

DOT SALAD

Garlic clove 1
Head of lettuce 1
Celery, chopped 1 cup
Chicory leaves
Boiled beets
Watercress
Cucumber, sliced thin 1
Chopped green peppers 2
French dressing

Rub salad bowl with clove of garlic before mixing. Marinate lightly all remaining greens in French dressing. Arrange on individual plates. Cut hearts from thick slices of boiled beet and place in center.

COOKED DRESSING

Flour 2 tablespoons
Egg 1
Butter 2 tablespoons
Sugar 2 tablespoons
Vinegar ¼ cup
Water ¾ cup
Mustard ½ teaspoon
Salt ¾ teaspoon

Mix salt, mustard, sugar, butter, and flour. Add water and vinegar and cook until mixture is thickened. Add well beaten egg. Reheat the mixture. Place in jar and store in Coldspot.

ASPARAGUS SALAD

Gelatin 1 tablespoon — Whipped cream 1 cup
Cold water ¼ cup — Chopped pimento ½
Asparagus 1 bunch — Salt 1 teaspoon
Asparagus liquid 1½ cups

Cook asparagus and save liquid. Soak gelatin in cold water, dissolve in hot, strained asparagus juice, and season. Arrange stalks of half of asparagus around sides of mold. When jelly begins to stiffen, add rest of the asparagus, (which has been rubbed through a sieve) pimento, and whipped cream, and turn into mold. Chill.

FROZEN VEGETABLE SALAD

Cottage cheese 1 cup — Salt 1 teaspoon
Mayonnaise 1 tablespoon
Canned or diced fresh tomatoes 1 cup
Cooked and chopped green beans ½ cup
Minced red pepper 2 tablespoons
Minced green pepper 2 tablespoons
Whipping cream 1 cup

Break up cottage cheese and stir in mayonnaise and salt. Run canned tomatoes through a sieve to remove the more solid parts. Fresh tomatoes are peeled, diced quite finely, and used without draining. Add chopped green beans and minced peppers to the cottage cheese mixture. Whip the cream and fold in last. Freeze.

MAYONNAISE

Oil 1½ cups — Egg yolks 2
Powdered sugar 1 teaspoon
Mustard ½ teaspoon — Salt ¾ teaspoon
Vinegar 2 tablespoons

Mix together salt, sugar, and mustard. Add egg yolks and mix thoroughly. Stir in vinegar. Add a small amount of oil and beat vigorously until thoroughly blended, adding oil a few drops at a time until about ½ of oil is added. Beat after each addition. Add rest of oil, about 2 tablespoons at a time. Beat mixture until it is thick and smooth. Place in covered jar and store in Coldspot.

HAM MOUSSE SALAD

Gelatin 1 tablespoon — Minced celery ¾ cup
Cold water 2 tablespoons
Whipping cream ½ cup
Paprika ⅛ teaspoon
Minced cold ham 2 cups
Minced parsley 2 tablespoons

Dissolve gelatin in cold water. Add ham, celery, paprika, and parsley, and mix thoroughly. Fold in stiffly beaten cream, pour into individual or single large mold. Chill.

JACK-O-LANTERNS

Bartlett pears 2 cans — Mayonnaise
Cottage cheese 1 pt. — Ginger cookies
Chopped nuts 1 cup — Licorice candies
Head lettuce — Marshmallows

Chill halves of Bartlett pears. Make mounds of cheese and nuts on individual nests of lettuce and mayonnaise. Cut off bottom of pear halves and stand upright around mounds. Top with ginger cookies and marshmallow, making jack-o-lantern eyes, nose and mouth of licorice candy.

FROZEN THOUSAND ISLAND SALAD

Tart mayonnaise ½ cup
Finely chopped pimento or green pepper 1 tablespoon
Finely chopped chives 1 teaspoon
Chili sauce 1 tablespoon
Drained fresh tomato or tomato catsup 1 tablespoon
Whipping cream 1 cup — Radish roses
Green olives stuffed with celery
Crisp lettuce hearts

Mix mayonnaise with pimento or green pepper, chives, chili sauce, and tomato. Fold in the whipped cream. Freeze. Garnish with olives, radishes and lettuce.

FRENCH DRESSING

Oil ½ cup — Vinegar 4 tablespoons
Mustard ¾ tablespoon
Paprika ½ tablespoon
Powdered sugar 1 teaspoon
Cayenne pepper few grains

Mix ingredients. Beat or shake in covered container until thoroughly mixed.

MARKETING GUIDES

Here are basic measures calculated in terms of every-day use to help you determine the amount of basic foodstuffs you need to have on hand in making up the COLDSPOT recipes.

COMMON FOODS—AMOUNT PER POUND

2 cups butter
4 cups flour (unsifted)
4½ cups whole-wheat or graham flour
2 cups granulated sugar
3 to 3½ cups powdered sugar
2⅔ cups brown sugar
5½ cups ground coffee
4 cups cocoa
2 cups lard
2 to 2⅛ cups cooking oils
2 cups oleomargarine
2⅔ to 4½ cups apples
3 cups apricots dried
3 medium-size bananas
5½ cups shredded cabbage
2⅔ cups cottage cheese
4 cups grated cheese
3 cups chicken, cooked and diced
2 to 2⅜ cups salt
2¾ cups tapioca
6½ cups tea
5⅓ to 6½ cups rolled oats
2⅔ cups corn meal
3 to 3½ cups corn starch
4¼ cups English walnuts (nutmeats)
2 to 2½ cups dry beans
2 cups rice
4 cups cranberries
2 cups hamburger steak
3 cups chopped onion
3 cups peaches, dried
2 cups of pineapple, broken
3 to 4 potatoes (unpeeled)
3 cups raisins

Sizes of cans with capacity in cups

No. 1 can	1⅓ cups
No. 2 can	2½ cups
No. 2½ can	3½ cups
No. 3 can	4 cups
No. 10 can	14½ cups

3 teaspoons	1 tablespoon	1 cup	½ pint
16 tablespoons	1 cup	4 cups	1 quart

Spoken Like a True Cook

Definitions of words and terms used in describing formulas and preparation methods . . . .

Basic recipe	foundation recipe from which other recipes of the same character are developed.
Combine	to mix.
Cream	to mix into a smooth fluffy mass.
Cut in	to add solid ingredient to a dry one, with a slicing motion.
Dice	to cut into tiny cubes.
Entree	the main dish of a luncheon or dinner.
Fold in	to add an ingredient, a small quantity at a time, with an over-and-under motion of the spoon.
Fry	to cook in fat; applied especially (1) cooking in a small amount of fat, saute or pan-fry; (2) cooking in a deep layer of fat, deep-fat frying.
Ingredients	the foodstuffs used in a recipe.
Knead	to manipulate with a pressing motion accompanied by folding and stretching.
Meringue	beaten egg whites to which sugar has been added.
Moisten	to add a very small amount of water or other liquid.
Mousse	a frozen dessert using whipped cream as the basis.
Pan-fry	to cook in a small amount of fat. (See fry).
Pastry shell	pastry baked in a pie tin.
Pulp	the soft mass that remains after seeds, skin and fibres of fruit, vegetables, etc., have been strained out.
Ring mold	tin or aluminum mold, in various sizes, with a "well" or tube in center.
Saute	to brown in frying pan with a small amount of fat, on top of stove.
Scallop	to bake food, usually cut in pieces, with a sauce or other liquid. The top is commonly covered with crumbs.
Simmer	to boil gently.
Soft ball	the state in boiling sugar and water at which a small amount dropped from the tip of a spoon into cold water can be formed into a soft ball with finger-tips.
Souffle	a baked dish, made light, fluffy with beaten egg whites.
Strained	put through a coarse wire mesh.
Stiffly beaten	egg whites beaten till they stand in peaks but are not dry.
Variations	different forms of the same basic recipe.
Whip	to beat rapidly to produce expansion, due to incorporation of air.

In all correspondence regarding your Coldspot, always refer to both cabinet and unit MODEL NUMBERS. These numbers will be found on your 5 Year Protection Plan certificate.

The MODEL NUMBER of the cabinet will also be found attached to the food compartment liner.

The MODEL NUMBER of the mechanical unit will also be found on a plate attached to the platform on which the unit is mounted.

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